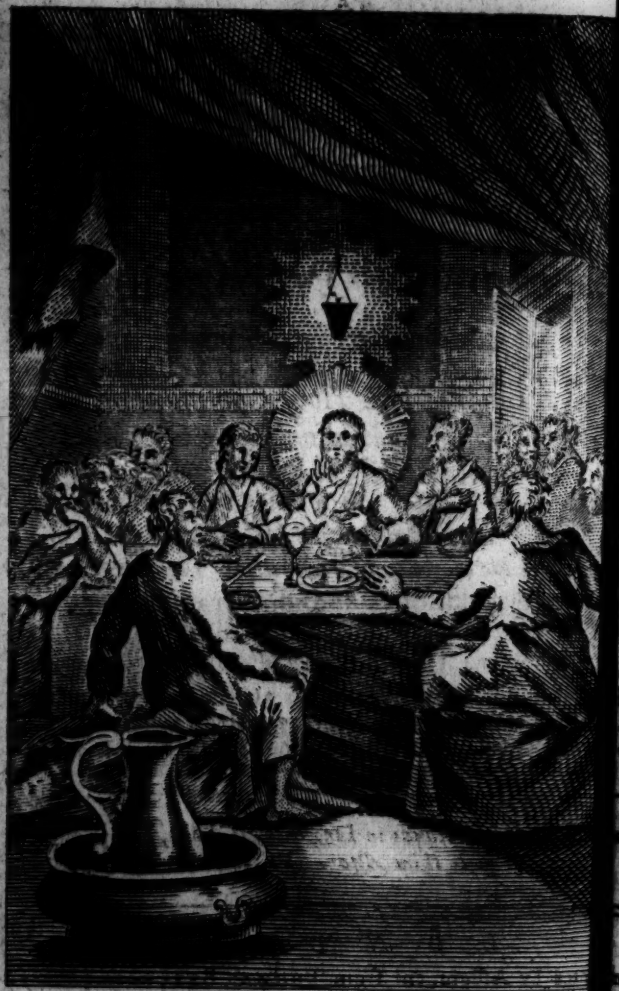


A COMPANION TO THE ALTER
Shewing the Nature and Necessity of a
Sacramental Preparation.

A

Companion to the Altar:

SHEWING THE

NATURE and NECESSITY

OF A

Sacramental Preparation,

In order to our worthy

Receiving the *Holy Communion.*

WHEREIN

Those FEARS and SCRUPLES about *Eating and Drinking Unworthily, and of incurring our own Damnation thereby,* are proved groundless and unwarrantable.

To which are added,

PRAYERS and MEDITATIONS, preparative to a *Sacramental Preparation,* according to what the Church of *England* requires from her Communicants.

I will wash my Hands in Innocency, O Lord, and so will I go to thine Altar. Ps. xxvi. 6.

LONDON:

Printed by Assignment from THOMAS BEECROFT, for Messr. SCATCHERD and WHITAKER, *Ave-mary-Lane,* 1786.

Note, This Book is bound up with the *Common Prayers* of several Sorts, and to be had at the Place aboveſaid.

THE PREFACE.

THE *usual Reason which Men assign for their not coming so often to the holy Sacrament as they would do, is their Fear of Eating and Drinking unworthily, and consequently, of incurring their own Damnation thereby. The Design then of this short Discourse is, to shew what the Sacramental Preparation is, which is absolutely necessary to qualify Men for a worthy Participation of the Lord's Supper, that so Men may come without the least Fear of eating and drinking Damnation to themselves. For this Purpose I conceive no Rule, no Instruction more safe, easy, and instructive, than that of our Church-Catechism which I have endeavoured to explain, and to accommodate for the Use and Benefit of the meanest Capacity.*

The concluding Part of this Discourse contains Prayers *and* Meditations *preparative to a Sacramental Preparation: And though they be few in Number, yet I hope they fully answer all those several Parts of a Communicant's Duty according to that Rule and Standard which our Church has fixed for our Guide and Company to the holy Altar. By the Addition of those Psalms, and proper Lessons annexed to each particular Prayer and Meditation, the Communicant may enlarge his Devotions to what Degree or Length he pleaseth; by which Method you have as much Matter for* actual Preparation *in this little Book, as in any other Discourse of this Nature whatsoever.*

1578/8124 (2)

A

COMPANION

TO THE

ALTAR.

ALL those Blessings which we now enjoy, and hope hereafter to receive from Almighty God, are purchased for us, and must be obtained through the Merits and Intercession of the Holy JESUS, who has "instituted and ordained "*Holy Mysteries*, as "Pledges of his Love, and for a continual "Remembrance of his Death and Passion, "to our great and endless Comfort." *Luke* xxii. 19. 1 *Cor.* xi. 24. But then we must remember, that these Benefits and Blessings which the Son of God has purchased for us, are no where promised, but upon Condition that we ourselves are first duly qualified for them. The Sacrament of the Lord's Supper is a solemn Ratification of our Baptismal

Covenant, wherein God for his Part hath faithfully promiſed "Pardon and Remiſſion "of Sins to all true Penitents," and we for our Parts are therein ſolemnly bound to be faithful and obedient unto him, 2 *Tim.* ii. 19. Before then we can promiſe to ourſelves any Benefit or Advantage from the Participation of this ſolemn Rite and Covenant between God and us, we muſt endeavour (what in us lies) to poſſeſs our Souls with all thoſe divine Qualifications which this Sacrament of the Lord's Supper requires to render us worthy Partakers thereof.

And what thoſe are, it is the Deſign of this Diſcourſe to inquire; wherein I ſhall endeavour to ſhew what that *Preparation* of Heart and Mind is, which muſt diſpoſe us for a worthy Participation of the bleſſed Sacrament: And herein I hope to remove all thoſe Fears and Scruples which ariſe in our Minds, about "eating and drinking unwor-"thily, and of incurring our own Damna-"tion thereby," as groundleſs and unwarrantable; and to do this I ſhall take Occaſion to explain that Part of our CHURCH CATECHISM, deſignedly intended for our Inſtruction, with relation to this Duty of a Sacramental Preparation; namely,

Q. "What is required of them who come "to the Lord's Supper?

A. "To examine themſelves whether "they repent them truly of their former "Sins; ſtedfaſtly purpoſing to lead a new "Life,

" Life, have a lively Faith in God's Mercy " through Chriſt, with a thankful Remem- " brance of his Death, and to be in Cha- " rity with all Men." This is that Sacra- mental Preparation which our Church (in as few Words as is poſſible) hath provided for our Companion or Guide to the holy Altar. The Duty then of a devout Communicant conſiſteth in theſe Six following Particulars: 1. Self-examination; to *examine themſelves.* 2. Repentance towards God; *whether they repent them truly of their former Sins.* 3. Holy Purpoſes or Reſolutions of a new Life; *ſtedfaſtly purpoſing to lead a new Life.* 4. Faith in God's Mercy through Chriſt; *to have a lively Faith,* &c. 5. A thankful Remembrance of his Death. 6thly and laſtly, Unfeigned Love or Charity for all Mankind; *and to be in Charity with all Men.*

The firſt Part then of a Communicant's Duty is Self-Examination: A Duty not only enjoined by human Authority, but likewiſe commanded by St. *Paul. But let a Man examine himſelf, and ſo let him eat of that Bread and drink of that Cup,* 1 Cor. xi. 28. Intimating, that no Man ſhould preſume to eat of that Bread, and drink of that Cup, without a previous Preparation, if he mean to eſcape that ſame Judgment or Condemnation which theſe *Corinthians* brought upon themſelves for their irreverent, ſinful and diſorderly Behaviour at this Sacrament; and this was the Occaſion of St. *Paul*'s Caution and

Reproof: *He that eateth and drinketh unworthily*, ſays the Apoſtle, *eateth and drinketh Damnation * to himſelf, not diſcerning the Lord's Body*, ver. 29.

[* *Note*, This Word *Damnation*, does not ſignify, *eternal Condemnation*, but on the contrary ſome temporal Puniſhment or Judgment, (as you have it in the Margin of your Bible,) ſuch as Sickneſs or Death, with which the City of *Corinth* was afflicted, for their great Abuſe and Profanation of this ſolemn Inſtitution; ſo that the Sins here reproved, (namely, Gluttony, Drunkenneſs and Faction, *ver.* 18, 21, 22.) and the Damnation here threatened, hath no Relation to us, unleſs it could be proved, that any of us were ever guilty of the ſame Wickedneſs with theſe *Corinthians*; which I believe no Man ever was, or would be ſuffered to approach the Lord's Table after ſuch a diſorderly Manner as they did, if Men were ſo lewd and profane.]

But that our Preparation may be ſo well performed by us, as to prevent the like Danger, let us, as the wiſe Man adviſeth, *Remember the End, and we ſhall never do amiſs*, Eccl. vii. 16. *Firſt* then, That we may come to this heavenly Feaſt holy, and adorned with the Wedding Garment, *Matt.* xxii. 11. we muſt ſearch our Hearts, and examine our Conſciences, not only till we ſee our Sins, but until

til we hate them, and inſtead of thoſe filthy Rags of our Righteouſneſs, we muſt adorn our Minds with pure and pious Diſpoſitions; *even that clean Linen, the Righteouſneſs of the Saints*, Rev. xix. 8. With theſe Ornaments are holy Souls fitted for the Society of that celeſtial Company, which are to be met with at this Solemnity. 2*dly*, Another End or Deſign of this ſtrict Preparation, is, That we may be accepted by God as worthy Communicants; *that He, who knoweth the Secrets of all our Hearts, neither is there any Creature that is not manifeſt in his Sight, but all Things are naked and opened unto the Eyes of him with whom we have to do*, Jer. xvii. 10. Heb. iv. 13. may approve of the Sincerity of our Repentance; and the King who comes in to view the Gueſts, *Matt.* xxii. 11. may (though ſtrictly ſpeaking we are not ſo) count us worthy of his Favour and Countenance. And how to attain ſo great a Bleſſing, theſe following Inſtructions will help and aſſiſt us.

Firſt, We are directed to *repent us of all our former Sins*. This is that Preparation which Chriſt himſelf *Repentance.* requires of us, *Matt.* iii. 2, 3.

A Duty, you know, which our ſinful Lives make always neceſſary for our Conſideration, if ever we expect eternal Happineſs hereafter, *Luke* xiii. 3. But more eſpecially the Dignity of this Sacrament requires that it ſhould be inquired into with more than or-

dinary Care and Circumſpection, becau without ſincere Repentance, we cannot e pect any Benefit or Advantage from the Deat and Paſſion of Chriſt, which in this Sacra ment we commemorate, and have the Meri of it conveyed to us by this ſacred Memo rial. Suppoſing then that this is ſufficien to convince you of the Neceſſity and Impor ance of this Duty, that upon it depends ou Welcome to this heavenly Feaſt unto whic we are called; I proceed now in the Secon Place to inform you, That if our Repentanc or Return to God be real and ſincere, it wi produce theſe following *good Effects* in us.

The Nature of a true Repentance.

Firſt, "A Senſe, a Sorrow, and Confe "ſion of all our former Sins *Secondly*, A ſtedfaſt Purpo "or Reſolution to lead a ne "Life." Theſe are the ge nuine Fruits of a true Repen ance, and muſt always accompany our Re turn to God, if we hope to have it effectua to our Salvation. And,

The Ten Commandments.

FIRST, We muſt labour to gain a *Senſe* o *Sight* of all our former Sins and Wicked neſs; this will readily preſent itſelf to us b comparing our Lives and Actions by th Rule or Standard of God Word, which we muſt mak the Meaſure of our Examina tion. St. *Paul* aſſures us, *Rom.* iii. 20. that by the Law is the Knowledge o Sin

Sin, and our own Experience will convince us, that there is no Way more likely to discover our Iniquities, and to humble ourselves for them, than a serious Application of God's Word to our crooked Paths: And this Duty of Self-Examination †, is never more properly applied to, than when we intend to receive the Holy Communion; for unless we see the Number, and apprehend the Heinousness of our Offences, and fear the Vengeance due unto us for them, we are altogether unfit for the Commemoration of his Death, *who died for our Sins, and rose again for our Justification.* It is the Sense and Sight of Sin that must shew us the Need and Necessity of a glorious Redeemer, and what Obligations we are under to bless and praise God for our Salvation by his Son JESUS CHRIST. Of such great Use and Advantage is this Duty of Self-Examination, at all Times, that *Pythagoras*, in those *Golden Verses* which go under his Name, particularly recommends the same to his Scholars. "Every Night before they "slept, he enjoins them to examine themselves what Good they had done, and "wherein they had transgressed. Run over "these things, *said he*, and if you have "done any Evil, be troubled; if Good, rejoice." This Course, if daily followed, as is suggested by *Hierocles*, his excellent Com-

† *See* The Daily Self-Examinant; or, An Earnest Persuasive to the Duty of Daily Self-Examination, &c. *R. Warren*, D. D.

mentator, perfects the divine Image in those that use it. *Plutarch*, *Epictetus*, *Seneca*, and the Emperor *Marcus Antoninus*, agree in recommending the same Practice by their own Example; but especially holy *David*; *I thought on my Ways, and turned my Feet unto thy Testimonies*, Psal. cxix. 59. And this Method, no doubt, is an admirable Means to improve us in Virtue, and the most effectual Way to keep our Consciences awake, and to make us stand in Awe of ourselves, and afraid to sin, when we know beforehand that we must give so severe an Account to ourselves of every Action. And when we are employing our Minds in this Duty of Self-Examination, before the Communion, or at any other Time, we must discharge it as impartially as is possible for us, judging as severely of our own Actions, as we would do of our greatest and worst Enemy; or otherwise we shall but flatter and deceive ourselves in a Matter of the greatest Weight and Importance, namely, the knowing the State and Condition of our Souls: But if our Inquiries are just and true, we shall then plainly discover wherein, and how often we have gone astray and done amiss. We shall, by the faithful discharge of this Duty, bring to Light "all our ungodly, unjust, and "uncharitable Actions; all our vain and filthy speeches; all our wanton, proud, and "covetous Thoughts." Such a strict and impartial Examination will discover to us that accursed Thing, *Sin*, Deut. vii. 26. which has defiled

defiled our Nature, made God our Enemy, and will exclude us the Kingdom of Heaven, if not repented of, 1 *Cor.* vi. 9, 10. By such a severe Scrutiny as this, we shall soon perceive the Number of our Transgressions, what vile Wretches and grievous Offenders we are, how often we have broken our most serious Vows and Resoluti ns, especially after the Receiving the Holy Sacrament, and in Times of Sickness and Distress: Such a Sight, and such a Prospect of Misery as this, should excite in us a hearty Trouble and Sorrow for Sin; especially, if we cast an Eye upon the final Issue and Consequences of it, with respect to the World to come. *Upon the Ungodly,* saith holy *David, God will rain Snares, Fire and Brimstone, Storm and Tempest; this shall be their Portion to drink,* Psal. xi. 7. *Great Plagues remain for the Ungodly; Indignation and Wrath, Tribulation and Anguish, upon every Soul of Man that doth Evil,* Rom. ii. 8, 9. *The Wicked shall be turned into Hell, and all the People that forget God.* These, and many other such like Texts of Scripture, may give us some Idea or Notion of the deplorable Condition of the Wicked in a future State, and of God's Hatred against Sin. And is not this then, without multiplying Arguments, sufficient to affect us with great Grief and Sorrow, when we consider that so long as we live in a vicious Course, so long are we exposed to all those Plagues and Torments which God hath in Store for wicked Men, and will most certainly

tainly be their Lot and Portion, if not prevented by a timely Repentance?

Contrition.

The Second Part of a true Repentance is *Contrition*, or a sorrowful bewailing of our own Sinfulness in Thought, Word and Deed. When we call to mind the Sins and Follies of our past Lives, and the Dangers we are like to fall into, surely we cannot be otherwise affected, than sensibly grieved with the Thoughts and Apprehensions of our present and approaching Misery. The Sorrows of David, and the Repentance of St. Peter, 1 Sam. xii. Luke xxii. shewed themselves in Floods of Tears, and were too great to be confined within: but our Hearts are generally so hard and unrelenting, that we sin against God, and lose our own Souls, without so much as a Sigh or a Tear. I know that the Tempers of People are different; some can shed Tears upon every slight Occasion; and others cannot weep, though their Hearts are ready to break for Grief; and therefore we are not to judge of the Sincerity of our own or other People's Repentance by such Signs and Tokens; nor are Tears always necessary to Repentance, though they very well become us; and the least we can do when we have done amiss, is to be sorry for it, and to condemn our Folly, and to be full of Indignation and Displeasure against ourselves. *I will declare my Iniquity, saith holy David, and be sorry for my Sin,* Psal. xxxviii. 18. Especially if we have been

been very wicked, and have multiplied our Tranſgreſſions, and have continued long in an evil Courſe, have neglected God, and have forgotten him Days without Number; then the Meaſure of our Sorrow muſt bear ſome Proportion to the Degrees of our Sins: If they have been as *Scarlet* and *Crimſon*, Iſai. i. 18. that is, of a deeper Dye than ordinary, then our Sorrow muſt be as deep as our Guilt: If not ſo great, we ought to ſhew ſo much Trouble and Contrition of Spirit, as to produce in us a penitential Confeſſion of all our former Sins:

Confeſſion of Sin.

Which is the THIRD Property of a ſincere Repentance. *I will acknowledge my Sin unto thee,* ſays holy *David, and mine Unrighteouſneſs have I not hid. I ſaid, I will confeſs my Sins unto the Lord, and ſo thou forgaveſt the Iniquity of my Sin,* Pſalm xxxii. 5. Which Confeſſion of Sins muſt not be in general Terms only, that we are Sinners with the reſt of Mankind, but it muſt be a ſpecial Declaration to God of all our moſt heinous Sins in *Thought, Word* and *Deed,* with all their ſeveral Aggravations, laying open our Sores to our heavenly Phyſician; and this we muſt do, to ſhew that we condemn all our former evil and vicious Courſes with a full Purpoſe and Reſolution of Mind (by God's Aſſiſtance) never to do the like again. Unleſs this be done, our Sorrow for Sin, and the Confeſſion of our Wickedneſs, can never profit us in the Sight

Sight of God, if it be not joined with a firm Reſolution of leading a new Life.

A new Life. Which is the FOURTH and moſt eſſential Part of a ſincere Repentance, and the only Condition of finding Mercy with God.— *He that covereth his Sins ſhall not proſper, but whoſo confeſſeth and forſaketh them ſhall have Mercy*, Prov. xxviii. 13. *Let the wicked Man forſake his Ways, and the unrighteous Man his Thoughts, and let him return unto the Lord, and he will have Mercy upon him, and to our God, and he will abundantly pardon*, Iſai. lv. 7. *I tell you nay*, ſaith Chriſt, *but except ye repent, ye ſhall all likewiſe periſh*, Luke xiii. 3. *Repent ye therefore, and be converted, that your Sins may be blotted out*, Acts iii. 19.— Thoſe preceding Parts of Repentance before mentioned, are only preparative to this; that which muſt complete and finiſh the Work of a new Convert is, to become a *new Creature*, "to turn from our evil Ways, and to break "off our Sins by Righteouſneſs." This certainly muſt be the Deſire and Intention of all Communicants, if they hope or expect any Benefit or Advantage from this ſolemn Rite, or Covenant; for he that comes with a Deſign or Intention of continuing in his former Sins, comes ſomewhat like unto *Judas*, that came and received, and at the ſame Time continued his Reſolution of betraying his Maſter. That which makes a Man abſolutely unfit to receive the holy Sacrament

is the living in the conſtant and habitual Practice of any known Sin, without the leaſt Deſire or Intention of Repentance or Amendment. Such a Man's Approach to the holy Table, no doubt, is to "eat and drink his "own Damnation," ſince it is a plain mocking of God, and a great Contempt and Abuſe of his divine Authority. We muſt therefore (by the Help and Aſſiſtance of God's Grace) "Reſolve to lead a new Life, following the "Commandments of God," or otherwiſe our former Examinations will appear but ſlight and ſuperficial, our Sight and Senſe of Sin trivial and indifferent, our Sorrow and Contrition of Spirit forced and hypocritical, and our Confeſſions odious and formal. Therefore examine well the Sincerity of your Repentance and Reſolutions, that you neither deceive God nor yourſelves: Him you cannot, becauſe he is a *Searcher of the Heart, and a Diſcerner of the Thoughts*, nor will he accept of any Thing which is not hearty and unfeigned.

Not that we are to ſuppoſe that this Sacrament of the Lord's Supper both require perfect Obedience in all our Addreſſes to the holy Altar, or that none muſt come but ſuch as are in ſinleſs State of Perfection: No, this were impoſſible, becauſe *there is no Man which liveth and ſinneth not; for who can ſay, I have made my Heart*

No abſolute Obedience expected after the holy Sacrament.

Heart clean, I am pure from my Sin? The Sacrament of the Lord's Supper is not a converting, but a confirming Ordinance, intended to preſerve and increaſe that ſpiritual *Life* and Grace which we received at our Baptiſm: So that when we come to the holy Communion, we come thither for freſh Supplies of Grace and Goodneſs, "for the ſtrengthening "and refreſhing of our Souls in all Holineſs "and Virtue:" As our natural Bodies are fed and nouriſhed with thoſe Elements of Bread and Wine, the ſame Effect is wrought in the Soul, in the inward Man, by theſe holy Myſteries, as is in the outward Man by Bread and Wine; Bread being the Staff of Life, and Wine the moſt ſovereign Cordial (when taken in due proportion) to chear and rejoice the Heart. And thus our Souls, by this Sacrament, are fortified and ſtrengthened with Grace, Wiſdom, Courage, and all other ſpiritual Gifts, to keep us through Faith unto Salvation. Both the Comfort and Benefit of it are great; the Comfort of it, becauſe it does not only repreſent to us the exceeding Love of our Saviour, in giving his Body to be broken, and his Blood to be ſhed for us; but it likewiſe ſeals to us all thoſe Bleſſings and Benefits which are purchaſed and procured for us by his Death and Paſſion, namely, the Pardon of Sin, and Power againſt it. The Benefit of frequent Communion is alſo of great Advantage, becauſe hereby we are confirmed in all Grace and Goodneſs, and our Reſolu-

tio

tions to live in Obedience and Conformity to God's Law, are ſtrengthened, and the Grace of God's holy Spirit, to do his Will, is hereby conveyed to us: It is the ſovereign Remedy againſt all Temptations, by mortifying our Paſſions, and by ſpiritualizing our Affections: In a Word, it is the likelieſt Method to make our Bodies the Temples of the Holy Ghoſt, and to prepare our Souls for the Enjoyment of God to all Eternity.

Relapſes after Receiving not dangerous.

And if at any Time, thro' Ignorance, Surprize, or the Violence of any other Temptation, we ſhould fall into thoſe very Sins which we have repented of, and vowed againſt when we were at the laſt Sacrament, yet theſe Relapſes ſhould not make us afraid of coming again, ſince we have always the Benefit of Repentance allowed us: If after a Relapſe we repent, and renew our Reſolutions with a hearty Grief and Contrition of Spirit, we are made whole as before. *If the Wicked,* ſaith God, *will turn from all his Sins that he hath committed; all his Tranſgreſſions that he hath committed, they ſhall not be mentioned unto him,* Ezek. xviii. 21, 22. *Sin no more,* ſays our Saviour to the Woman taken in Adultery, *and I will not condemn thee,* John viii. 11. It is not the Commiſſion of this or that great Sin that will utterly exclude us from God's Mercy and Forgiveneſs, for then, indeed, no Perſon could eſcape Damnation, becauſe *there is not a juſt Man*

Man upon Earth, that doth good and ſinneth not, Eccleſ. vii. 20. But it is our living and dying without Repentance and Amendment, that brings God's Wrath and Vengeance upon us. His Mercies are not limited; he will not only pardon us once or twice, but always, upon our Repentance and Return to him. No Time, no Age or Seaſon, does he except againſt; *but whenever the wicked Man turneth away from his Wickedneſs, that he hath committed, and doth that which is lawful and right, he ſhall ſave his Soul alive*, Ezek. xvii. 27. Neither is there any Sin, though never ſo vile and heinous in its own Nature, but ſhall be remitted and forgiven, unleſs it be that againſt the Holy Ghoſt. *All manner of Sins and Blaſphemies ſhall be forgiven unto Men, but the Blaſphemy againſt the Holy Ghoſt ſhall not be forgiven*, Matt. xii. 31, 32. and conſequently this Sin of eating and drinking unworthily, in the worſt Senſe, cannot be a damning Sin, becauſe God in the Goſpel (for Chriſt's ſake) hath promiſed to forgive all our Sins upon our Repentance, and therefore this of unworthy Receiving amongſt the Reſt.

Some People, I remember, have been very much concerned and diſcompoſed at their Devotions, upon the Repetition of ſome few Expreſſions contained in the laſt Exhortation to the Communion, namely, "Of being "guilty of the Body and Blood of Chriſt "our Saviour,—Of eating and drinking our "own Damnation,—Not conſidering the "Lord'

" Lord's Body,—Kindling God's Wrath " againſt us,—Provoking him to plague us " with divers Diſeaſes, and ſundry kinds of " Death." Theſe are hard Sayings, and ſome of them too hard to be underſtood: But however, they are all avoided and eſcaped by coming worthily, that is, with *Faith* and *Repentance*: Therefore let not theſe terrible Expreſſions trouble you, or detain you from the holy Communion: Repent and believe, and you are ſafe and ſecure from falling into any of thoſe Dangers which theſe Sentences may ſeem to threaten you with. So that the Want of Preparation, as ſome Men have alledged, and in the Senſe they generally take it, can never be a ſufficient Plea or Pretence for their not coming to the holy Communion; becauſe after our beſt and ſtricteſt Endeavours to prepare ourſelves, we profeſs (before God and the Congregation) " That we do not come " to this heavenly Table truſting in our own " Righteouſneſs, but in his manifold and great " Mercies." By theſe we are invited to come: and to the Mercy of God (through Chriſt) all of us muſt flee, and take Sanctuary in; who has promiſed, that *he will in no wiſe caſt out thoſe that come unto him*, John vi. 37. *A broken and contrite Heart, O God, thou wilt not deſpiſe*, Pſal. li. 17. There is nothing dreadful in this Sacrament, but to the wilful, impenitent, and perſevering Sinner, whoſe Condition is dreadful, and every Page in Scripture is terrible againſt ſuch, whether they come

come or not; but to the penitent and humble Soul, nothing is dismal or frightening in this holy Feast; for there is none condemned for unworthy Receiving, but such who deserve it for continuing in their Iniquities: And this Impenitence renders even their Prayers an "Abomination unto the Lord." Though they never partake of the Body and Blood of Christ, they are in equal Danger with those who eat and drink unworthily; nay, I might say in greater, because the latter use the Means, in Obedience to our Saviour's Command, and the former wilfully neglect that which would prevent their Damnation, if rightly considered, and timely applied to. The surest Way, I say, to prevent their Damnation, is to receive the Sacrament more frequently than Men usually do, that by a constant Participation of this spiritual Food of the living Bread which comes down from Heaven, their Souls may be nourished in all Goodness, and new Supplies of God's Grace and Holy Spirit may be continually derived to them for the purifying of their Hearts, and to enable them to run the Way of God's Commandments with more Constancy and Delight than they did before. So that the true Consequence of eating and drinking unworthily, should rather excite our Care and Diligence in this Duty, than delude us with false Reasonings, to such a Neglect as will certainly increase our Damnation; it being certain that God will never cast any Man into eternal

) Flames,

Flames, for ſtriving to do his Duty as well as he can. *If there be firſt a willing Mind*, ſaith the Apoſtle, *it is accepted according to that a Man hath, and not according to that he hath not*, 2 Cor. viii. 12. Neither ought we to think ſo unworthily of the Son of God, who came into the World *to ſave Sinners*, that He would inſtitute this Ordinance to be a Snare to entangle our Souls with. It was not ordained for Angels, or for glorified Saints, but for humble and penitent Sinners, to bring them home to God; it being a Seal of their Pardon, and refreſhing Declaration of our heavenly Father's Readineſs to forgive the chiefeſt of Sinners for Jeſus's ſake; who graciouſly calls upon all who are *wearied and oppreſſed with the Guilt and Burden of their Sins, to come to him, and he will refreſh them*, Matt. xi. 28. *Chriſt came not to call the Righteous, but Sinners to Repentance*, Mat. ix. 13. And conſequently ſuch as account themſelves moſt unworthy, are thoſe very Perſons whom Chriſt doth here call and invite to this Sacrament, when deeply ſenſible of their Unworthineſs. Were we not Sinners, were we not *conceived and born in Sin*, we ſhould not need ſuch Means and Inſtruments of Grace, as Sacraments are; but, "being by Nature born in Sin, and "the Children of Wrath, we are hereby "made the Children of Grace, and Inhe-"ritors of the Kingdom of Heaven." *They that are whole*, ſaith Chriſt, *have no need of a Phy-*

a Physician, but they that are sick. This being the Case of all Mankind with respect to their spiritual Life, there is no other Way to free ourselves from this Death of Sin, but by speedily applying ourselves to our heavenly Physician, *who came into the World to seek and to save those that are lost,* and ready to perish; and the very Sense of our own Unworthiness, is, of all other Arguments, the best Qualification to recommend us to God's Favour and Mercy, since we know that *he resisteth the Proud,* [and presumptuous Sinner] but never denies his Grace and Favour to the Humble and Meek. As often then as we come to the Holy Communion with such an honest and true Heart as to exercise our "Repentance towards God "our Faith and Hope of his Mercy, thro "Christ, and the Forgiveness of our Sins "and our Love and Charity for all Man"kind;" such a Temper and Resolution of Mind as this, will, doubtless, render us worthy Partakers of these holy Mysteries and prevent us "eating and drinking Dam"nation to ourselves." Nay, I further add that any Person thus disposed or qualified may come (if it should be required) at an Hour's Warning, as safely as he may come to Church and say his Prayers, or hear a Sermon. The Dueness of Preparation does not so much depend upon our setting aside so many extraordinary Days for the forcing ourselves into a religious Posture of Mind

s upon the plain natural Frame and Diſpoſition of our Souls, as they conſtantly ſtand inclined to Virtue and Goodneſs through the general Courſe of our Lives. From whence I infer, that a Multitude of Buſineſs, or a Man's being deeply engaged in the public Affairs of this World, cannot be any juſt Plea or Pretence for his not coming to the holy Communion; becauſe all Buſineſs is conſiſtent with the Duties of Religion, provided we govern our Affairs by Chriſtian Principles: For though ſuch Men have not Leiſure for ſo much actual Preparation, yet they may have that habitual Preparation, upon which the great Streſs ought to be laid in this Matter: Nay, even the conſcientious Diſcharge of a Man's Duty in his Buſineſs, may be one of the beſt Qualifications to recommend him to God; ſince every Man ſerves God when he follows his Calling with Diligence, and obſerves Juſtice and Honeſty in all his Dealings; and conſequently, the greater Danger and Temptation he is expoſed to through the Multiplicity of Buſineſs, the more Need hath he of God's Grace and Aſſiſtance, which are abundantly communicated to us in this holy Ordinance: So that Men of Buſineſs, if they have any ſerious Thoughts of another World, ought more eſpecially to lay hold on ſuch Oppor-

Men of great Buſineſs either public or private, are not thereby excuſed from frequent Communion.

tunities which ſecure the Salvation of their Souls; for as they who have Leiſure ought to receive conſtantly, as the beſt Improvement of their Time; ſo they that are engaged in many worldly Affairs, ought to come the oftener to the holy Communion, and learn how to ſanctify their Employment.—But to proceed:

A lively Faith in God's Mercy.

The other Branch of a Communicant's Duty is, "to examine whether he hath a lively Faith "in God's Mercy through "Chriſt." *Examine yourſelves whether ye be in the Faith*, 2 Cor. xiii. 5. this Sacrament of the Lord's Supper being only appointed for ſuch Believers as own their Baptiſm, and profeſs the Faith of Chriſt crucified, and underſtand the fundamental Articles of the Chriſtian Religion, contained in the Apoſtles Creed, and alſo the End and Deſign of this holy Inſtitution. The Benefits of our Saviour's Death and Paſſion in this Sacrament are indeed freely offered unto all, but only effectually to Believers. *As many as received him, to them gave he Power to become the Sons of God, even to them that believe in his Name*, John i. 12. *And this is Life eternal, that they might know thee, the only true God, and Jeſus Chriſt whom thou haſt ſent*, John xvii. 3. All that Chriſt hath done and ſuffered for us Men and our Salvation, can never profit us

us, unless we have *Faith* to believe it: That which must render the Benefits and Blessings of the Gospel effectual to our Salvation, is our *Faith* in Christ. *Verily, I say unto you,* saith our Saviour, *he that heareth my Words, and believeth on him that sent me, hath everlasting Life, and shall not come into Condemnation, but is passed from Death unto Life,* John v. 24. The antient Churches accounted those only *faithful* that had received the Lord's Supper; and the *Germans* allowed none to come unto their Sacrifices who had lost their Shields; nor does our own Church allow that any of us should come to this Christian Sacrifice without the Shield of Faith. "Draw near with Faith, says the Priest, "and take this holy Sacrament to your "Comfort." And this Faith hath God's Mercy, through Christ, for its Object, as the Fountain and Foundation of all those infinite Blessings and Comforts which we gain by his Manifestation in the Flesh: And if we enquire into the Cause and Reason of so much Mercy and Goodness to Mankind, no other can be given, but *the Riches of his Mercy,* Eph. ii. 4. And if we further enquire how this Mercy became ours, the Answer is plain, it was through Christ, by whom all the Blessings of this Life, and those of a better, are purchased for us, and must be obtained thro' the Merits and Intercession of the holy Jesus: by him we are redeemed, *and according to the Riches of his Grace we have obtained Re-*

miſſion of our Sins, and through him at laſt we ſhall be glorified.

A thankful Remembrance of his Death.

And to this our Faith we muſt join "a "thankful Remembrance of "his Death, and of thoſe "Benefits which we receive "thereby." *Our gracious and merciful Lord,* ſaith holy *David, hath ſo done his marvellous Works, that they ought to be had in Remembrance,* Pſalm cxi. 4. But eſpecially this Work of our Redemption by Jeſus Chriſt, which to forget were an Ingratitude baſer and viler than ever Heathens or Publicans, the worſt of People among the Jews, were known to be guilty of towards their Benefactors, *Matt.* v. 46. *Herein is Love, not that we loved God, but that he loved us, and ſent his Son to be the Propitiation for our Sins,* 1 John iv. 10. This is a Mercy far above all other Mercies; nay, it is even this which ſweetens all other Mercies to us. Had there been no Redemption, our Creation had only made us capable of endleſs Torments, and it had been better for us never to have been born, than to be born to inevitable Ruin; which muſt have been our Lot and Portion, had not "the Son of "God, by his one Oblation of himſelf, once "offered upon the Croſs, made a full, per-"fect, and ſufficient Sacrifice and Satisfac-"tion to God for the Sins of the whole "World." The Conſequences of this Redemption are ſo infinitely great and valuable.

that

that it as much ſurpaſſes our Underſtanding as it does our Merits. We are to declare and publiſh to all the World, what God hath done to ſave Mankind from that Damnation which they had deſerved, and to reſtore us again to that Happineſs and Glory which we could never expect or hope to enjoy, had not Chriſt died for us. *O come hither and hearken, all ye that fear God, and I will tell you what he hath done for my Soul,* Pſal lxvi. 16. *Praiſe the Lord, O my Soul, and all that is within me praiſe his holy Name. Praiſe the Lord, O my Soul, and forget not all his Benefits; who forgiveth all thy Sins, and healeth all thy Infirmities; who ſaveth thy Life from Deſtruction, and crowneth thee with Mercy and Loving-kindneſs,* Pſal. ciii. 1, 2, 3, 4. With what Joy and Thankfulneſs then ſhould every good Chriſtian commemorate this exceeding Love of God, in the Salvation of Sinners by Jeſus Chriſt? This was the proper End and Deſign of this Inſtitution, to perpetuate this wonderful Love of Chriſt in laying down his Life for us. *Do this in Remembrance of me,* ſaith our Saviour a little before his Crucifixion; which being a ſolemn Command of "our Maſter "and only Saviour thus dying "for us," we cannot refuſe Obedience hereunto, without being guilty of the moſt horrible Ingratitude and Contempt of his divine Authority. He hath appointed it for a ſo-

Our Obligations to a frequent Communion.

lemn Commemoration of his great Love to us, in laying down his Life for us Men, and for our Salvation: and therefore he commands us to do it *in Remembrance of him:* And St. *Paul* tells us, that *as often as we eat this Bread, and drink this Cup, we do ſhew forth the Lord's Death till he come.* As for thoſe Men then amongſt us who profeſs themſelves Chriſtians, and hope for Salvation by Jeſus Chriſt, not to pay Obedience to this his Command, is a downright Affront to his ſacred Majeſty; and he may juſtly upbraid us Chriſtians as he did once the Jews, *Why call ye me, Lord, Lord, and do not the Things which I ſay?* How unworthy are we of that Salvation which he hath wrought for us, if we deny him ſo ſmall a Favour, ſuch a reaſonable Requeſt, as to commemorate his Death and bitter Paſſion once a Month, or at leaſt thrice in a Year, "who did humble "himſelf even to the Death of the Croſs, for "us miſerable Sinners, who lay in Darkneſs, and in the Shadow of Death, that "he might make us the Children of God, "and exalt us to everlaſting Life." In this Sacrament of the Lord's Supper we have the Pardon and Remiſſion of all our Sins, the Grace and Aſſiſtance of God's holy Spirit, and the Hopes of eternal Life and Happineſs, freely offered unto us: And therefore had we no Love, no

Men's own Intereſt ſhould oblige them to a conſtant Communion, becauſe of its great Benefits.

no Regard or Reverence to the dying Words of our crucified Saviour, yet ſurely the Conſideration of our own preſent and future Advantage, might prevail with us to be more frequent at the Lord's Table than we uſually are.

And to be in Charity with all Men.

Hitherto a Communicant hath been directed to ſet his Heart right towards God; but this is not all, he muſt proceed further, and enquire how it ſtands towards his Neighbour, ſince we are expreſsly forbidden, *Matt.* v. 23, 24. to offer up any Gift or Oblation unto God, if our Hearts are leavened with Malice, Hatred, or Revenge. *If thou bring thy Gift unto the Altar, and there rememberest that thy Brother hath ought againſt thee, leave there thy Gift before the Altar, and go thy Way, firſt be reconciled to thy Brother, and then come and offer thy Gift.* Here you ſee that Chriſt preſers *Mercy* before *Sacrifice.* And it is generally agreed on by the ancient Fathers, that theſe Words of our Saviour do directly point at this Sacrament, on purpoſe to oblige all Communicants to forgive all manner of Injuries, "before they preſume to eat of that "Bread, or to drink of that Cup." And it is expreſly ſaid, *Matt.* vi. 14, 15. that our Prayers are not accepted, nor our Pardon caled in Heaven, until ſuch Time as we *forgive*

Forgiving of Injuries expected from a Communicant.

give Men their Treſpaſſes; and to be ſure we can never be welcome or worthy Gueſts at this heavenly Feaſt, where Jeſus the Saviour of Penitents and the Prince of Peace is ſpiritually preſent, unleſs our Repentance reconciles us to God, and our Charity to all Mankind.

Charity to the Poor.

And this Charity of the Heart, in forgiving Injuries, muſt likewiſe ſhew itſelf by the Hand, in relieving the Wants and Neceſſities of the Poor. We read, that when this Sacrament was adminiſtered in the Apoſtles Days, large Collections of Monies were then gathered for the Maintenance of the poor Clergy and Laity, *Acts* ii. 44, 45, 46. and 1 *Cor.* xvi. 1. And *Theodoret* obſerves, that *Theodoſius* the Emperor, when the Time came to offer, aroſe, and preſented his Oblations with his own Hands. It was not determined how much every Man ſhould give, but all Men were exhorted and enjoined to offer ſomething according to their Ability; which if any neglected, the Fathers cenſured them as unworthy Communicants: And to be ſure, nothing within our Power can ſo effectually recommend our Prayers and Devotions as this of Charity; it being well obſerved, *Matt.* vi. that our Saviour hath incloſed *Alms* between *Prayer* and *Faſting*, and therefore they are called its two Wings, without which it will never fly ſo high as the Throne of God. While *Cornelius* was faſting

faſting and praying, we read that an Angel from Heaven was diſpatched to him with this happy Meſſage: *Thy Prayers and thine Alms are come up for a Memorial before God*, Acts x. 4. *He that hath Pity upon the Poor, lendeth unto the Lord; and that which he hath given will he pay him again*, Prov. xix. 17. *Charge them that are rich in this World,—that they be rich in good Works, ready to diſtribute, willing to communicate, laying up in Store for themſelves a good Foundation againſt the Time to come, that they may lay hold on eternal Life*, 1 Tim. vi. 17, 18, 19. *Do ye not know that they who miniſter about holy Things live of the Sacrifice, and they who wait at the Altar are Partakers with the Altar? Even ſo hath the Lord alſo ordained, that they who preach the Goſpel ſhould live of the Goſpel*, 1 Cor. ix. 13, 14. *If we have ſown unto you ſpiritual Things, is it a great Matter if we ſhall reap your worldly Things?* Ver. 11. But we may juſtly complain with *Baſil*, that we know ſome who will "faſt and pray, ſigh and groan, yea, "and do all Acts of Reli- "gion which coſt them no- "thing, but will not give one "Farthing to the Poor. What "Benefit is there, ſaith he, of all the reſt of "their Devotions?" Baſil, *Hom. in Matt.* xix.

And when the Communicant has thus far advanced towards the Altar, in his *Examination, Repentance*, &c. he muſt not forget *Prayer.*

another excellent Preparative belonging to this Duty of communicating worthily, which although it be not mentioned in our Church Catechiſm yet it is always implied as a neceſſary Part of our Sacramental Preparation; that is, *Prayer*, private and public; a Duty upon which all our preſent and future Bleſſings depend, *Matt.* vii. 7, 8, and 21, 22. And ſo near a Relation hath this Duty of Prayer with this Sacrament, that all thoſe Bleſſings therein contained and promiſed, are only in return to our Prayers; and no doubt but that Man, who makes a conſcientious Practice of this Duty in his Cloſet, and at Church, can never be unprepared for this Sacrament, nor want a Title to God's peculiar Favour and Bleſſing: *For the Eyes of the Lord are over the Righteous, and his Ears are open unto their Prayers*, 1 Pet. iii. 12. The conſtant Exerciſe of *Prayer*, is the beſt Method to get the Maſtery over our evil Inclinations and corrupt Affections, and to overcome our vicious Habits: It preſerves a lively Senſe of God and Religion in our Minds, and fortifies us againſt thoſe Temptations that aſſault us; it ſpiritualizeth our Nature, and raiſeth our Souls above this World, and ſupports * us under

* See *The Daily Companion, with Chriſtian Supports under the Troubles of this World*, &c. Price bound 6 *d.* or 5 *s.* a Dozen.

A Ser-

under the Troubles and Calamities of this Life, by ſanctifying ſuch Afflictions; it leads us gradually to the Perfection of a Chriſtian Life, and preſerves that Union between God and our Souls, which feeds our ſpiritual Life with Grace and Goodneſs; without it we in vain pretend to diſcharge thoſe Chriſtian Duties incumbent on us, or to proſper in our temporal Affairs, which muſt have God's Bleſſing to crown them with Succeſs. And as Prayer in general has theſe great Bleſſings and Advantages attending it, ſo give me leave to ſuggeſt to you under this Head, that thoſe public Prayers and Devotions which we offer unto God in our Churches, are not only more acceptable to him, but alſo much more edifying and advantageous to ourſelves: They cannot but be more acceptable to God, becauſe thereby his Honour and Glory is much more conſiderably advanced and maintained in the World, than by our private Devotions: By theſe outward *Signs* and *Tokens*, we publickly declare to all the World that inward

Public Prayers recommended.

A Sermon concerning the Excellence and Uſefulneſs of the Common Prayer. *By* W. Beveridge, D. D. Price 3 *d.* or 20 *s.* a Hundred. The above may be had bound together, Price 9 *d.*

inward Regard and Eſteem which we have for his divine Perfections and Goodneſs; hereby we *let our Light ſo ſhine before Men, that they may ſee our good Works, and glorify our Father which is in Heaven*, Matt. v. 16. There is no Duty in Scripture more frequently commanded, none more earneſtly preſſed upon us, than this of public Prayer. We have the Example of all good Men in all Ages for it, and of Chriſt himſelf, who was daily in the Temple and in the Synagogues, and, no Queſtion, frequented thoſe Places at the uſual Hours of Prayer, becauſe then he had the faireſt Opportunity, from thoſe public Aſſemblies, to inſtruct, and to exhort to *Faith* and *Repentance*. *2dly*, We may expect greter Bleſſings and Succeſs to our Requeſts and Deſires, when we join in the public Prayers of our Church, than from private, becauſe our Saviour has in a ſpecial Manner promiſed to ſuch Aſſemblies his immediate Preſence; that *where two or three are gathered together in his Name, there will he be in the Midſt of them:* Which he hath no where ſaid of private Prayer, though both are very good, nay, both are abſolutely neceſſary for the beginning and ending of a Chriſtian Life: And it is a very bad Sign of ſome evil Principle or other, for any Man to be much a Stranger to the Houſe of Prayer, which is one of the greateſt Bleſſings and Privileges (if we knew how to value the ſame) that we

can

can have in this World, and has always been accounted such among all wise and good Men. It is certain, that the *Turks*, whom we call Infidels, go to their public Devotion five Times every Day; and shall not they rise in Judgment against us Christians, who cannot afford to go once or twice a Day to God's House, when we have both Leisure and Opportunity? If Men shall be judged for every idle Word, to be sure they shall not pass unpunished for all the Neglects and Omissions of their Duty of this Nature.—But to proceed:

To this Duty of *fervent Prayer*, the Communicant should spend some Portion of Time in Reading and Meditation, to raise his Soul into a devout and heavenly Temper: The proper Office of Reading, is to gain spiritual Food and Sustenance, and of Meditation, to digest it. Those divine Subjects most proper for our serious Contemplation on this solemn Occasion, I think, are "our Saviour's Sermon on the "Mount; the Love of God in the Salva-"tion of Sinners, through Jesus Christ; "Repentance, Faith, Charity*; Death and "Judgment the happy Condition of a fu-"ture State of Blessedness, and the mise-

Reading and Meditation.

* See Mr. *Norris's Effectual Remedy against the Fear of Death.* Price bound 6 *d.*

"r.ble

" rable Condition of the Damned in Hell." These and the like, as they offer themselves unto you, should be meditated upon, until some Sorrow of Mind, some Ardor of Devotion, some Act of Faith, some Flame of Love and Charity arise in your Souls.

Thus have I briefly represented to you both the Nature and Necessity of a *Sacramental Preparation*, which in great Measure contains the whole Duty of a Christian's Life, namely, " Repentance towards God, " Faith towards our Lord Jesus Christ, and " Charity towards our Neighbour." And I also hope, whosoever among us will but endeavour to prepare themselves for the holy Communion, according to the foremention'd Directions, may (by the Help of God) upon all Occasions come to the Lord's Table, without the least Fear or Danger of " eating and drinking Damnation to themselves."

And now some People may censure this Discourse, as giving too great Liberty and Encouragement to approoach the Lord's Table with less Preparation than otherwise Men would venture to do. But I know no Ground or Reason for any such Suggestion; if they impartially consider the Excellence and Perfection of that Guide and Companion I have followed throughout the Whole: And to represent this Duty of a frequent Communion otherwise

The Church Catechism.

wiſe than what the Church requires, is an Injury both to God and to ourſelves: And dare affirm, that no Part of divine Worſhip has ſuffered more on this Account, than that of the holy Communion; Thouſands of People not daring in all their Life-time, (though very good Livers) to partake of the Lord's Supper, for fear of eating and drinking their own Damnation.

For further Inſtruction, ſee *A Treatiſe of Sacramental Covenanting with Chriſt; ſhewing the Ungodly their Contempt of Chriſt in their Contempt of the Sacramental Covenant.* By *John Rawlet*, B. D. Author of *The Chriſtian Monitor.*

Printed for *Thomas Beecroft*, and Sold by Meſſrs *Scatcherd* and *Whitaker*, *Ave Maria-Lane.*

PRAYERS and MEDITATIONS

Preparative to a

Sacramental Preparation,

According to

What the Church of *England* requires from her Communicants.

A Prayer to God for his gracious Aſſiſtance and Direction, in our Sacramental Preparation.

HOLY, holy, holy, Lord God of Sabaoth, Heaven and Earth are full of thy Majeſty and of thy Glory: I the unworthieſt of all Creatures do here, in all Humility of Soul and Body, proſtrate myſelf before thee, acknowledging my own Weakneſs and Inſufficiency to do any thing that is good or well-pleaſing in thy Sight: And therefore I humbly implore the ſpecial Influence of thy Grace and Holy Spirit, to further theſe my Endeavours for a worthy Participation of this holy Communion of the Body and Blood of Chriſt, which he has commanded me to do in Remembrance of him, and of thoſe Benefits which we receive thereby. Teach me

me, O Lord, the right Way, and lead me in the Paths of holy Preparation, that I may be received as a worthy and welcome Gueſt at this thy heavenly Table. Poſſeſs my Mind with a true Senſe of the Greatneſs of this Myſtery, and the Excellency of thy Mercy, in preparing this Table for our ſpiritual Food: Inſpire my Soul with pure and pious Diſpoſitions; and inſtead of the filthy Rags of my Righteouſneſs, clothe me with the Righteouſneſs of the Saints, that my Heart may be a clean, though homely Receptacle for my Saviour, and one Day fitted for the bleſſed Society of Saints and Angels in Heaven, through Jeſus Chriſt our Lord. *Amen.*

Our Father, &c. See *Pſal.* xxiii. xxvi. cxi.

A Prayer for the Gift and Grace of Repentance.

ALmighty and eternal Lord God, *who art of purer Eyes than to behold Iniquity, and haſt more eſpecially enjoined all thoſe who compaſs thine Altar to waſh their Hands in Innocency*, vouchſafe me unfeigned Repentance for my paſt Sins, a hearty Sorrow and Contrition of Spirit to lament my Sinfulneſs, and moſt firm and ſtedfaſt Purpoſes to lead a new Life. It is the Voice of thy wondrous Goodneſs and Mercy, that if *the Wicked ſhall forſake his Ways, and the Righteous Man his Thoughts, thou wilt have Mercy upon him, and abundantly pardon him.* let thy Goodneſs (whereof I have had great a Share, and plentiful Experience) lead

lead me to Repentance not to be repented of that I may be a fit Gueſt at thy Son's Table. "Have Mercy upon me, O Lord "and according to the Multitude of thy "tender Mercies, blot out all my Tranſ "greſſions, for thy Mercy's ſake in Chriſt "Jeſus, the Son of thy Love, whom thou "haſt ſet forth to be the Propitiation for "our Sins." Grant this, O merciful Fa ther, for the ſake of my bleſſed Saviour and Redeemer. *Amen.*

See *Pſal.* vi. xxv. xxxii. xxxviii.

A Prayer before Self-Examination.

O Lord, thou that art the *Searcher of all our Hearts, and a Diſcerner of the very Thoughts, and in whoſe Sight all Things are naked and open*, be pleaſed to impart a Ray of thy heavenly Light, to diſcover all the Sins and Infirmities of my paſt Life, and whatſoever elſe thou knoweſt wherein I have done amiſs, that henceforward no ſecret Sin may lie undiſcovered and corrupted in my Soul; that by examining my Life and Converſation by thy Law, the Rule and Meaſure of my Duty, I may underſtand the true State and Condition of my Soul, and from a juſt Senſe and Sight of all my Tranſgreſſions, through the Aſſiſtance of thy Grace and heavenly Benediction, I may be enabled to reform my Life, and to turn my Feet unto thy Teſtimonies: ſo faithfully ſearch and examine my own Conſcience, that I may

I may come holy and clean to the heavenly Feaſt, and be received as a worthy Partaker of that holy Table which thou haſt called me to. Grant this for thy Mercy's ſake in Chriſt Jeſus. *Amen.* *Pſal.* cxxxix.

Brief Heads of Self-Examination upon each Commandment.

Commandment I.

THough I have not atheiſtically denied the Being of a God, or wickedly renounced him by Apoſtaſy, yet have I not loved, deſired and delighted in other Things more than in God? Or, have I not feared Men, and dreaded the Diſpleaſure of the World, more than of God? Or, have I not truſted in Men, and relied upon the World, more than upon God? Have I not deſpaired of God's Mercy? Or, by preſuming too much upon it, encouraged myſelf in Sin? Have I not been unthankful for Mercies received? Or, have I not aſcribed the Glory and Honour of what I now enjoy to myſelf, more than to God? (Say) *God be merciful to me a Sinner, and lay not this* (or *theſe*) *Sins to my Charge.* [Repeat the ſame at the End of every Commandment.]

II.

Though I have not worſhipped God by Images, yet have I not entertained groſs and falſe

falſe Conceptions of him? Or, have I not wilfully omitted coming to Church, or to the public Prayers, when I had no juſt Occaſion to hinder me? Or, have I not rudely, irreverently, or wantonly behaved myſelf during the Time of divine Service? Or, have I not wilfully refuſed to come to the Lord's Supper, when I have been called to it? Or have I not raſhly and unadviſedly received the Sacrament without due Preparation? Or, have I not broken my Vows and Reſolutions which I then made?

III.

If I have not openly blaſphemed the Name of God, yet have I not lightly or irreverently ſpoken of him? Or, have I not profanely jeſted upon, or abuſed his holy Places or Perſons, or any thing elſe dedicated to his Service? Or, have I not taken God's Name in vain, by common Swearing and Curſing? Or, have I not taken falſe and unlawful Oaths? Or, have I not broken my own Vows and Reſolutions, eſpecially my Baptiſmal?

IV.

Have I not neglected the Worſhip of God on his Sabbaths? Have I not ſpent Part thereof in vain Sports, idle Diſcourſes, Viſits, and many other unneceſſary Affairs? Or, have I not ſuffered others to profane the Sabbath, when it was in my Power to reſtrain them from ſo doing?

V.

Have I not been ſtubborn, irreverent and undutiful

undutiful towards my Parents, rejecting their Counſels, deſpiſing their Government, and coveting their Eſtates before their Death? Or, have I contributed toward their Neceſſities, when they were in Want, and I had it in my Power to help them? Or, have I not been diſloyal to my Prince, ſtubborn and unfaithful to my Maſter, refractory and unthankful to my Miniſter, peeviſh and unkind to my Friend and Companion?

VI.

If I have not actually taken away the Life of any Perſon, yet have I not made my Neighbour's Life grievous by Oppreſſion, Rage, and Violence againſt him? Or, have I not by Fighting or Quarrelling wounded his Perſon? Or have I not tempted him, by any other Vice or Intemperance, to deſtroy his Health, and ſo ſhorten his Days? Or, have I not by falſe or contumelious Speeches wounded his good Name and Reputation? Or, have I not, by my own Luxury and Intemperance in Eating and Drinking, been acceſſary to my own Death?

VII.

If I have eſcaped the groſſer Acts of Adultery and Fornication, yet have I not conceived Luſt in my Heart, and neglected the Means to preſerve my own and others Chaſtity? Or, have I not by Gluttony and Drunkenneſs, or by any impure Thoughts or Words, defiled my Soul? Or, have I not accuſtomed myſelf to filthy Talking, Jeſting, and

and immodeſt Garbs, and unchaſte Behaviour in common Converſation?

VIII.

If I have not been guilty of common and public Stealing, yet have I been true and juſt in all my Dealings? Or, have I not contracted Debts, when I was conſcious to myſelf that I was not able to pay, or make Reſtitution? Or, have I not waſted my own or others Eſtates by riotous Living? Or, have I not by Violence and Oppreſſion exacted of my Inferiors, or by unlawful Uſury taken Advantage of their Neceſſities?

IX.

If I have not before the Magiſtrate ſworn falſely againſt any Man, yet have I not accuſtomed myſelf to Lying and Slandering? Or, have I not accuſed my Neighbour unjuſtly? Or, have I not concealed the Truth of another, when Juſtice and Charity obliged me to give Evidence of it? Or, have I not unjuſtly fought to uphold my own Credit, or to blaſt any other Perſon's?

X.

Have I not ſecretly cemplained againſt the Providence of God, as if others had too much, and I too little? Or, have I not by unlawful Means endeavoured to deprive others of their Goods and Property? Or, have I laboured truly and faithfully to get my own Living, and been content with that State of Life unto which it hath pleaſed God to call me?

A peni-

penitential Confeſſion of Sins; with an humble Supplication for Mercy and Forgiveneſs.

ALmighty and everlaſting God, who hateſt nothing that thou haſt made, nd doſt forgive the Sins of all them that are enitent, create and make in me a new and ontrite Heart, that I, worthily amenting my Sins, and acknowledging my Wretchedeſs, may obtain of thee, the God of all Mercy, perfect Remiſſion and Forgiveneſs, hrough Jeſus Chriſt our Lord. *Amen.*

Here call to Mind all your moſt grievous Sins.

See *Pſal.* li. vi. xxxii. xxxviii.

An Act of Contrition.

Father, I have ſinned againſt Heaven, and before thee, and am no more worthy to e called thy Son. Wo is me, O Lord, who as conceived and born in Sin; the Thoughts f my Heart were inclined unto Evil from y Youth. Wo is me, that I have ſinned gainſt thee my Creator and kind Benefacor. Lord, I have done Evil continually in hy Sight, and my Life hath been little elſe han one continued Courſe of Impiety, Unankfulneſs, and of unworthy Returns for all

all thy Goodneſs and Loving-Kindneſs to me. Wo is me, that I ſhould thus requite the Lord. O that my Head were Water and mine Eyes a Fountain of Tears, that I might weep Day and Night for my Sin! O gracious Lord, look on me as thou didſt on the Apoſtle St. *Peter*, and let thy compaſſionate Look ſo pierce my ſtony Heart, that I may weep bitterly for my Sins, and may have that *godly Sorrow which worketh Repentance unto Salvation not to be repented of*, for Jeſus' ſake. *Amen.* See *Pſal.* xxv. xxxii. xxxviii.

A Reſolution to lead a new Life.

AND now, O Lord, I do not only with great Shame and Confuſion of Face confeſs and bewail the Sinfulneſs and Vanity of my whole Life, but I do ſtedfaſtly reſolve and purpoſe (through the Aſſiſtance of thy Grace and Holy Spirit directing me) to "renounce the Devil and all his Works "the Pomps and Vanities of this wicked "World, and all the ſinful Luſts of the "Fleſh." Be pleaſed, O Lord, to ſtrengthen and confirm all theſe good Reſolutions in me. And I heartily thank thee, O heavenly Father, for calling me to this State of Salvation through Jeſus Chriſt my Saviour *who died for my Sins, and roſe again for my Juſtification*; and I humbly beſeech thee for his ſake, to give me Grace to continue in the ſame unto my Life's End. *Amen.*

See *Pſal.* i. xxiii. xxiv. xxv. cxix. cxxvi.

A Prayer for Faith in God's Mercy through Christ.

ALmighty God, our heavenly Father, who for the greater Confirmation of our Faith and Confidence in thy Mercy, haſt in thy holy Goſpel declared, *that whoſoever believeth in thy Son Jeſus Chriſt, ſhall not periſh, but have everlaſting Life*; and that *this is Life eternal, to know thee, the only true God, and Jeſus Chriſt whom thou haſt ſent*: Increaſe this Knowledge, and confirm this Faith in me evermore. O let me not reſt in a dead Faith, but that I may have ſuch a lively Faith, as will ſhew itſelf by Love and good Works; ſuch a victorious Faith, which may enable me to overcome the World, and conform me to the Image of thy Son Jeſus Chriſt, in whom I believe. O grant me ſuch a due ſenſe of thy infinite Mercy ſhewed to Mankind in ſo much Miſery, as may never depart out of my Mind.

I ſtedfaſtly believe, O bleſſed Jeſus, that thou didſt ſuffer upon the Croſs to ſave me and all the World from the Guilt and Puniſhment of our Sins. O give me that Grace, that I may die to Sin, and riſe again unto Righteouſneſs! Accept my imperfect Sorrow, Repentance, Faith, and weak Reſolutions; and let thy precious Merits, O my crucified Saviour, ſupply all my Wants and Imperfections. Thou haſt ſaid, *Come unto me, all ye that labour and are weary and heavy laden,*

laden, and I will refresh you. O blessed Jesus, I come unto thee in all Humility, and deeply sensible of my great Unworthiness; O do thou bear this Burthen of Sin for me, and refresh me with comfortable Hopes of thy Mercy and Forgiveness, and the Truth of thy Salvation, O gracious Lord; to whom, with the Father and the Holy Ghost, be all Honour and Glory for ever. *Amen.*

See *Psal.* xix. lvii. *Ephes.* ii. 6, 11.

A thankful Remembrance of the Death of Christ.

"ALmighty God, our heavenly Father "who of thy tender Mercy didst give "thine only Son Jesus Christ to suffer Death "upon the Cross for our Redemption, and "hast instituted and ordained holy Mysteries as Pledges of his Love, and for a continual Remembrance of his Death and "Passion, to our great and endless Comfort: Behold, I do most affectionately, and with all the Powers of my Soul and Body, return my most hearty Praise and Thanksgiving for thy great Mercy and tender Compassion to me and all Mankind, in sending thy only Son into the World to redeem us from Sin and Misery, and by his meritorious Death and Passion, to purchase for us eternal Life. Grant, O Lord, that I may always most gratefully remember this exceeding Love of my only Saviour Jesus Christ, thus dying for me; and work in me all such holy and heavenly

venly Affections, as may dispose my Heart to be a worthy Guest at thy holy Table, prepared for the continual Remembrance of the Sacrifice of the Death of Christ, and of those Benefits which we receive thereby. *Praise the Lord, O my Soul, and forget not all his Benefits; who forgiveth all thy Sins, and healeth all thine Infirmities; who saveth thy Life from Destruction, and crowneth thee with Mercy and Loving Kindness.*

See *Psal.* ciii. 2, 3, 4.

A Prayer for the Grace of Charity.

"O Lord, who hast taught us that all our "Doings without Charity are nothing "worth; send thy Holy Ghost, and pour "into my Heart that most excellent Gift of "Charity, the very Bond of Peace, and of all "Virtues, without which whosoever liveth "is counted dead before thee;" more especially when I am going to commemorate the unspeakable Love of my blessed Saviour in dying for me, let not my Heart be destitute of Love towards my Brethren: Extend thy Mercy and Forgiveness unto all my Enemies, Persecutors and Slanderers, and turn their Hearts; which I as sincerely beg for them, as I hope for Mercy and Forgiveness at thy Hands. Possess me with Kindness and Good-will for all Mankind, that my Faith may work by Love, and dispose my Heart according to my Ability, to administer towards the Wants and Necessities of

those who are any Ways afflicted or distressed in Mind, Body, or Estate; and to do unto all Men as I would they should do unto me; and give me that Charity which covereth a Multitude of Sins, that by doing Good for Evil, all Men may know that I am thy Disciple. Grant this for Jesus's sake. *Amen.* See *Psal.* xv. cxxxiii. xli. cxii. *Matt.* xxv. 34, 41. *Matt.* xviii. 21. 1 *Cor.* xiii.

A Prayer the Morning you intend to Communicate.

O Most gracious and eternal Lord God, thou hast called all such as are weary and heavy laden to come unto thee by Faith and Repentance, and thou wilt refresh them: In Affiance of this thy gracious Invitation, I will come to thy heavenly Table, not trusting in my own Righteousness, but in thy manifold and great Mercies; and although I am not worthy so much as to gather up the Crumbs that fall from thy Table, yet since it is thy Property always to have Mercy, I will not despair of a kind Reception: Forgive my want of a due Preparation, and accept of my sincere Desire to perform an acceptable Service unto thee: Clothe me with the Wedding-Garment, even the Graces of the Gospel, and then I am sure I shall be a welcome Guest at thy Table, when I shall come thither in the Likeness of thy Son Jesus Christ, in whom thou art well pleased. Possess my Soul with a lively Faith, profound

found Humility, filial Obedience, inflamed Affection, and univerſal Charity, that ſo I may become a worthy Partaker of theſe holy Myſteries, to my great and endleſs Comfort. Grant this, O heavenly Father, if it be thy bleſſed Will, through Jeſus Chriſt. *Amen.*

Our Father, &c. See *Pſal.* xxiii. xxv. xxvi.

Short Prayers and Meditations before the Miniſter at Church begins the Communion Service.

At going up to the Altar.

IN the Multitude of thy tender Mercies, O Lord God, now I do approach thine Altar; O pardon my Sins, and look not upon my Unworthineſs, (for I am a ſinful Creature, O Lord) but upon thoſe Motives which drew me hither, even my own Miſeries and thy tender Mercies; therefore help me to ſupply in Humility what I want in Worthineſs, and let my bended Knees and contrite Heart ſhew that I durſt not have adventured hither, had not thy Mercy held out the golden Sceptre, and ſaid, *Come unto me, all ye that labour and are heavy laden, and I will refreſh you.*

At giving your Alms.

O Lord, who didst not despise the Widow's Mite, accept of this little which I freely offer towards the Relief of any of thy poor Members. *Mark* xii. 42.

When the Priest is sitting in Order the Elements to be consecrated.

Look down, O Lord God, from thy holy Habitation, and from the glorious Throne of thy Kingdom, and sanctify us.

When you receive the Bread.

Lord, I am not worthy of the Crumbs which fall from thy Table, and yet thou giveſt unto me the Bread of Life. Evermore give me this Bread, that I may eat thereof, and not die eternally. *John* vi. 34, 50.

After receiving the Bread.

Not unto us, O Lord, not unto us, but unto thy Name give the Praiſe, for thy loving Mercy, and for thy Truth's ſake.

Before receiving the Cup.

What Reward ſhall I give unto the Lord for all the Benefits he hath done unto me? and I will receive the Cup of Salvation, and call upon the Name of the Lord.

After Drinking.

Bleſſed be God the Father of our Lord Jeſus Chriſt, for his unſpeakable Gift, in whom we have Redemption through his Blood, even the Forgiveneſs of our Sins.

When

When you retire from the Altar.

"BLESS the Lord, O my Soul, and all that "is within me bless his holy Name; "bless the Lord, O my Soul, and forget not "all his Benefits; who forgiveth all thine "Iniquities, and healeth all thy Diseases; "who redeemeth thy Life from Destruction, "and crowneth thee with Loving-kindness "and tender Mercies." O let that heavenly Food, which thou hast so lately fed me with, transfuse new Life and new Vigour into my Soul, and into the Souls of all those who have been Partakers with me of this holy Communion; that our Faith, Hope and Charity may daily increase, and that we may all *grow in Grace, and in the Knowledge of our Lord and Saviour Jesus Christ.* Amen and Amen. See *Psal.* viii. xxiii. lxvi. ciii.

Prayers and Meditations which may be joined to the former, where the Communions are large.

Aspiration for a devout Communicant.

ENlighten, O Lord, the Eyes of my Understanding with the Light of Faith and Wisdom, that I may ever look on thee my Redeemer, as the *Way*, the *Truth*, and the *Life*, which leadeth unto eternal Life. What am I, Lord, and what is my Father's House, that thou shouldst thus follow me with thy Blessings? I was created by thee, and for

thee, and mayſt thou ever be the Comfort of my Soul.—Good Jeſus, my Hope and only Refuge, I here render thee hearty Thanks for all thy Sufferings, and I beg that I may find Shelter in thy Wounds againſt all Enemies, Ghoſtly and Bodily: Imprint the Memory of them faſt in my Heart, that I may love thee, and in all my Sufferings never want thy divine Aſſiſtance, or forget what thou haſt ſuffered for me. Take from me all Self-love, and give me perfect Love for thee, that I may now be more faithful in my Duty; and let nothing for the future put me out of my Way. O that I could ever remember thee, think of thee, and delight in thee alone, and love thee only, who haſt loved us, and waſhed us with thy moſt precious Blood from the Guilt of our Sins. O that my Senſes may ever be ſhut againſt all Vanity and Sin, that my Mind being free from all fruitleſs Solicitude and Fear, I may fix my Heart there where true Joys are only to be found. From henceforth I will ſeek unto thee my only Good; my Affections and Deſires ſhall be fixed on thee, *in whoſe Preſence there is Fulneſs of Joy, and at whoſe right Hand there are Pleaſures for evermore.*—My Will I now reſign into thy Hands, deſiring that my Will may be thine, both now and for ever. Be thou my Inſtructor and Director in all Things, that I may never do or ſpeak, deſire or think, any thing but what is according to thy good Will.

2. I

2. I AM thy Servant, O Lord, O give me Underſtanding according to thy Word, that I may learn thy Commandments, and lay aſide all Intereſt, beſide that of Heaven. O ſweet Jeſus, Fountain of all Goodneſs, guide my Feet in thy Paths, and teach me to do thy Will: Diſengage my Heart from all unprofitable Solicitude and vain Deſires; and though I live here upon Earth, yet raiſe my Affections to Things above. How ſweet, O Lord, is thy Spirit! How pleaſant to my Lips are the Words of thy Mouth! O that I could ever be mindful of them, to fulfil thy Laws! Make me to die daily to the World and all its Vanities, and let the Greatneſs of thy Love make all that is earthly appear as nothing unto me. Protect me againſt my Enemies, and in all Dangers appear in my Defence: Make haſte to help me, O Lord, and ſay unto my Soul, *I am thy Salvation.* Remember thou art my Redeemer, and have Compaſſion on my poor diſtreſſed Soul: clothe it with all Virtues, and feed it with thy Grace, for it belongs to thee to take care of thoſe whom thou haſt redeemed. In thee I live, ſweet Jeſus, for thy ſake I deſire to die; both living and dying I will ever profeſs that thou art good, and that thy Mercy endures for ever.

3. O That I could now give thee, O Lord, all that Praiſe, Glory and Honour, with which the Angels and bleſſed Spirits

glorify thee in Heaven! But because I am unable to do this, accept at least this my Desire and good Will. Deliver me, O God, from every thing that is contrary to thy Will, and be pleased so to dispose of my Soul as may be for thy Glory and Honour. I surrender myself into thy Hands, and entirely resolve to submit to that State of Life thou shalt please to appoint me; and if it be more for thy Honour that I suffer, I cheerfully accept it; *not my Will but thine be done.* Let nothing be now my Comfort but thou, Lord Jesu, and nothing afflict me but my Sins, and whatever else is displeasing to thy divine Majesty. O blessed Jesus, Life Eternal, by whom I live, and without whom I die, grant that I may now be united to thee, and that in the Embraces of thy holy Love and divine Will, I may rest for ever. When shall I see thee, O sweet Saviour; when shall I appear before thy Face; when shall I see thee in the Land of the Living! 'Till then, I sigh and bewail my Banishment, desiring to be dissolved, and to be with Christ.

If these Ejaculations are not sufficient until the Post Communion begins, you may enlarge them, by reading more or less of the following Places in Scripture, namely,

For Grace to love God's Law, Psal. xix. cxix.

For a holy Life, Psal. lxxxv.

For Salvation and eternal Joys, Psal. xvi. xxiv.

For Assurance of God's Care and Protection, Psal. xxxvii.

For the Comfort of God's Holy Spirit, Pſ. xxxiv.
For the Grace of Humility, Pſal. cxxxi.
For Devotion in Religion, Pſal. xxvii.
Thankſgiving for God's Mercies, Pſ. ciii. cxxxvi. cxxxviii.
For Pardon of Sins, Pſal. lxxxv. cvi. cxvi.
For Redemption by Chriſt, Pſal. xcviii. cxviii.

An Act of Thankfulneſs and Reſolution before the Poſt-Communion begins.

PRaiſe the Lord, O my Soul, and all that is within me bleſs his holy Name; for now I find the Mercy, the Peace, the Comfort, and the Grace which flows from this Fountain of Spiritual Communion with Chriſt; Let all the World know what he hath done for my Soul; he hath reſcued me, and many of theſe my poor Brethren, from the nethermoſt Hell: Wherefore I will love thee, O holy Jeſu, more than I can expreſs, and live and die in that moſt holy Religion which thou haſt revealed to me. O let me never pollute that Body, or defile that Soul, which the Saviour of the World delights to dwell in. O let no Oaths or Lyings, Backbitings or Slanderings, profane thoſe Lips, no Obſcenity or Intemperance pollute that Mouth, through which theſe holy Symbols have ſo lately paſſed: For which freſh Inſtance of thy Mercy and Goodneſs, I will praiſe thy holy Name, beſeeching thee to keep me in

this Temper and Reſolution of Mind, until *Death is ſwallowed up in Victory.* Amen.

A Prayer againſt evil and perplexing Thoughts.

GO *not far from me, O Lord my God; make haſte to help me*; for corrupt Imaginations are perpetually riſing in my Breaſt, and innumerable Fears and Sorrows cloſe me in on every Side. Be pleaſed, O gracious Lord, in this Perplexity, to refreſh my Soul with ſome ſpeedy Comfort. Scatter and diſperſe all theſe dark and ſinful Thoughts that haunt my Soul, by ſhedding abroad the Light of thy Grace in my Heart; for in the Extremity of this my Grief, this is my only Hope and Comfort, that I can take Sanctuary in thy Goodneſs, repoſe my Confidence, and caſt all my Care and Burden on thee, who never faileſt them that call upon thee: Give me Patience under theſe Adverſities, and a happy Iſſue out of all theſe Afflictions, both of Body and Mind. *Turn thee unto me, and have Mercy upon me, for I am deſolate and in Miſery: The Sorrows of my Heart are enlarged; O bring thou me out of all my Troubles: Look upon my Adverſity and Miſery, and forgive me all my Sins. O keep my Soul, and deliver me: Let me not be confounded, for I have put my Truſt in thee,* through Jeſus Chriſt our Lord. *Amen.* See *Pſal.* vi. xxxiv. xlii. xliii. cii.

Upon

Upon Chriſtmas Day, *and ſeven Days after, you may add theſe to your other Devotions.*

I Deſire, O Lord, to bleſs and praiſe thine infinite Goodneſs, who didſt take Compaſſion upon Mankind in their greateſt Miſery, and haſt provided ſo admirable a Remedy, by ſending thine only begotten Son to recover our corrupt and degenerate Nature, and by the Purity of his Doctrine, the Example of his Life, and the Sacrifice of his Death, to purchaſe eternal Happineſs for us. Grant, O Lord, that through the Aſſiſtance of thy Grace and heavenly Benediction, I may daily comply with thoſe great Things which thou haſt done and deſigned for my Salvation. Poſſeſs my Soul with Purity and Piety, and all other Chriſtian Graces and Virtues; that living ſoberly, righteouſly and godly in this preſent World, I may hereafter dwell with thee, O Father of Mercies, and God of all Comforts, in thoſe Manſions of Bliſs and Glory which thou haſt prepared for them that love thee. *Amen.*

See *Pſal.* xix. xliv. lxxxix.

Eaſter-Day, *and ſeven Days after*

BLeſſed Jeſus, who haſt triumphed over the Powers of Darkneſs, and conquered Hell and the Grave, and who, by thy glo-

rious

rious Reſurrection, haſt made known the Power of thy Divinity, and proved thyſelf the true Meſſias, keep me ſtedfaſt in this Faith; and grant, that all the Actions of my Life may teſtify the Reality and Sincerity of my Belief, by a ſuitable Converſation; that I may riſe from the Death of Sin unto the Life of Righteouſneſs; that as I am buried with thee by Baptiſm, I may henceforth mortify all my corrupt Luſts and Affections, and daily proceed in all Virtue and Godlineſs of Living; that departing this Life in thy Faith and Fear, I may have my perfect Conſummation and Bliſs, both in Body and Soul, in thy eternal everlaſting Kingdom, who liveſt and reigneſt with the Father and the Holy Ghoſt, one God, World without End. *Amen.*

See *Pſal.* ii. lvii. cxi.

Whitſunday, *and ſix Days after.*

O Lord my God, who, by thy Son our Saviour Jeſus Chriſt, haſt promiſed the Aſſiſtance of thy Holy Spirit to all that aſk it of thee, I beſeech thee always to direct my Ways and Actions, the Thoughts and Intentions of my Heart, by the Light of thy Holy Spirit. Let him be unto me a Spirit of Sanctification, to purify my corrupt Nature; a Spirit of Counſel in all my Difficulties; of Direction in all my Doubts, Fears and Scruples; of Courage in all my Dangers; of Conſtancy and Conſolation to me under

under all my Perſecutions and Sufferings, eſpecially in Time of Sickneſs, and at the Hour of Death; that being governed and guided by his divine Influence and Direction, I may paſs through all the Changes and Chances of this mortal Life, till he brings me to everlaſting Life, there to reign with the ever-bleſſed and glorious Trinity, World without End. *Amen.*

See *Pſal.* xxxiv. xlii. xliii. li.

Trinity Sunday.

GLory be to thee, O God the Father, for creating me after thine own Image, capable of loving thee, and enjoying thee eternally; for recovering me from a State of Sin and Miſery, when I had loſt and undone myſelf.—Glory be to thee, O God the Son, for undertaking the wonderful Work of Man's Redemption, for reſcuing me from the Slavery of Sin and the Dominion of Satan; for the accompliſhing which miraculous Work of our Salvation, thou didſt deſcend from Heaven, and didſt put on the Form of a Servant, live a miſerable Life, and die a painful and accurſed Death.—Glory be to thee, O God the Holy Ghoſt, for thoſe miraculous Gifts and Graces thou didſt beſtow upon the Apoſtles, and for thoſe ordinary Gifts, whereby ſincere Chriſtians in all Ages are enabled to work out their Salvation; for thy preventing and reſtraining Grace; for the ſubduing our Underſtandings and Affections

to

to the Obedience of Faith and Godlineſs; for inſpiring us with good Thoughts, and kindling good Deſires in our Souls; for aſſiſting us in all the Methods of procuring eternal Happineſs.—Bleſſing and Honour, Thankſgiving and Praiſe, more than I can expreſs or conceive, be unto thee, O Father, Son and Holy Ghoſt, for ever and ever. *Amen.*

See *Pſal.* ii. xlvii. lxxii. cx.

After the Bleſſing, namely, The Peace of God.

GRant, O Lord, that we and all thy faithful Servants, who have this Day been Partakers of the holy Sacrament, may obtain Remiſſion of our Sins, and be confirmed in Piety towards God, and in Charity towards our Neighbour; and may be delivered from the Power and Temptations of Satan, and being filled with thy Spirit, may become worthy Members of Chriſt's holy Church, and at laſt inherit eternal Life, through the ſame our Lord Jeſus Chriſt. *Amen.*

A Thankſgiving after the Sacrament, to be ſaid at Home.

THOU, O my God, haſt comforted my Soul, thou haſt ſtrengthened and refreſhed me with thy Bleſſings, and rejoiced my Heart with the Tokens of thy Love. How tranſporting are thy Comforts, and how ravishing the Effects of thy Goodneſs towards them that fear thee! Thou haſt treated a

vile Sinner at thy own Table, and fed me with the Bread that came down from Heaven. In what am I better than those to whom thou doſt not grant this Favour? It is not for my Merits, but becauſe thou wilt be glorified in doing Good to the moſt unworthy, thou haſt this Day made me a happy Example of this thy free Grace and Bounty. Grant me this Favour alſo, O my God, that through the whole Courſe of my Life I may give thee Praiſe and Glory; that the due Senſe of thy Mercies may make me unfeignedly thankful; and that my Thankfulneſs may appear in a Care to walk before thee in Holineſs, Sobriety and Righteouſneſs, all the Days of my Life.

A Prayer in private after receiving the holy Communion.

O How plentiful is thy Goodneſs, which thou haſt laid up for them that fear thee, which thou haſt prepared for them that put their Truſt in thy Mercy, even before the Sons of Men! I praiſe and magnify thy great and glorious Name, O Lord, for all thoſe manifold Mercies and Comforts which thou haſt beſtowed upon me, ever ſince I was born. O Lord God, thou haſt been my Truſt from my Youth, by thee have I been holden up from the Womb; my Praiſe ſhall continually be of thee: But above all, bleſſed and for ever bleſſed be thy holy Name, for the Manifeſtation of thy Son Jeſus Chriſt, the Foun-

Fountain and Foundation of all our Happineſs, and for feeding me this Day (who am unworthy of the leaſt of thy Mercies) with the ſpiritual Food of his moſt precious Body and Blood, to my great and endleſs Comfort.—Enable me, O Lord, through thy gracious Aſſiſtance, to perform the Conditions of that Sacramental Covenant which I have this Day ſo ſolemnly renewed and confirmed in thy Preſence, and at thy Table, that through the Strength and Power of that heavenly Food I have there been Partaker of, I may daily grow in Grace, and in the Knowledge of Chriſt Jeſus, and abound in every good Word and Work. And ſubdue in me all thoſe inordinate Luſts and corrupt Affections which war againſt my Soul; purify my Mind from all evil Thoughts, bad Intentions, and evil Deſigns; and ſuffer not Pride, Vain-glory, Self-love, Malice, Hatred or Revenge, or any other Evil whatſoever, to reign in my mortal Body; but do thou keep it for ever in the Purpoſe of my Heart, faithfully to fulfil theſe my Baptiſmal Vows and Reſolutions which I have now again renewed at thy holy Table; that by perſevering in all Virtue and Holineſs of Life, I may at length be an Inheritor of that infinite Happineſs and Glory, which thou haſt promiſed by Chriſt our Lord. *Amen.*

A Prayer in private for the Grace of Perseverance.

HEAR, most merciful Saviour, I humbly beseech thee, and let thy Grace be ever assistant to all the Endeavours and Designs of thy weak and unworthy Servant. I am not able of myself to do or think any Thing that is good or well-pleasing in thy Sight: O let thy holy Spirit continually guard me against those numerous Temptations which so strongly encounter me. Fix my inconstant Mind, that I may not be led away with the Errors of the Wicked, and fall from my own Stedfastness, but that I may persevere in good Works unto the End. Moderate my Affections and Desires, and confine them only to such Objects as are well pleasing in thy Sight. Let thy Will be the sole Guide and Measure of mine, that all my Hopes and Wishes may center in thee alone, and nothing may ever appear desirable to me, in Comparison of a pure Heart and peaceable Conscience: *Teach me thy Way, O Lord, and I will walk in thy Truth. O knit my Heart unto thee, that I may fear thy Name.* Make me to love thee (as I ought) above all Things, and let the Interest of thy Honour and Glory be always dearer to me than Gold or Silver, or any other temporal Advantage; for thou, O Lord, art my Portion, thou art my only Rest, and in thee alone is Fulness of Joy and true Satisfaction, and without thee is Misery and Torment. O grant me this blessed Retreat, this happy Security,

Security, and then I shall find Rest unto my Soul both here and hereafter. *Amen.*

See *Psal.* lxxxvi. cxix.

MORNING PRAYER.

POnder my Words, O Lord, consider my Meditations: My Voice shalt thou hear betimes, O Lord; early in the Morning will I direct my Prayer unto thee, and will look up. Psal. v. 1, 3, Almighty God, who dwellest in the highest Heavens, yet vouchsafest to regard the lowest Creature here upon Earth, I humbly adore thy sacred Majesty, and with all the Powers of my Soul and Body do exalt and praise thy holy Name, for all the Mercies and Comforts of this Life, and for the Hopes and Assurance of a better; for protecting me from the Evils and Dangers of the Night past, and for bringing me safe to the Light of a new Day: Continue this thy Mercy and Goodness to me, and as thou hast awakened my Body from Sleep, so raise my Soul from the Death of Sin unto a Life of Righteousness. Deliver me, O God, from the Evils of this Day, and guide my Feet in the Paths of Peace and Holiness, and strengthen my Resolutions to embrace all Opportunities of doing Good, and carefully to avoid all Occasions of Evil; especially those Sins * which by Nature and Inclination I am most likely to fall into: And when through Frailty, or the

* *Here name such Sins as you are most afraid of.*

the Violence of any other Temptation, I fall from my Duty, do thou in Mercy reſtore me again with a double Portion of thy Grace and Holy Spirit, to maintain a more vigorous Defence againſt Satan and his Devices. Shower down thy Graces and Bleſſings upon all my Relations, [*on my Father and Mother, on my Brethren and Siſters*] on all my Friends, and give thy holy Angels Charge over them, to protect them from all Sin and Danger. Make me delight in the Duties of my Calling, and that in all the Changes and Chances of this Life, I may abſolutely ſubmit to thy divine Providence. Let thy Bleſſings be upon my Actions, and let thy Wiſdom direct my Intentions, that ſo the whole Courſe of my Life, and the principal Deſigns of my Heart, may be ordered by thy Governance to do always that is righteous in thy Sight, through Jeſus Chriſt our Lord. *Amen.*

See *Pſal.* iv. xvi. xvii. xxiii. lxxxvi.

When you go out of your Chamber.

THE Bleſſing of God deſcend upon me and all belonging to me, and dwell in my Heart for evermore; and bleſs my going out and my coming in, now and for ever. *Amen.*

EVENING PRAYER.

LET my Prayer, O Lord, be ſet forth as Incenſe, and the lifting up of my Hands be as an Evening Sacrifice, Pſal. cxli. 2. O Lord our heavenly Father, Almighty and Ever-

Everlasting God, whose Glory the Heaven of Heavens cannot contain, look down from the Throne of thy Majesty, and behold thy unworthy Servant, prostrate at the Foot of thy Mercy-seat, humbly confessing unto thee the Vanity and Sinfulness of my whole Life; especially the Omissions of my Duty, and Commissions of Sin this Day*, wherewith I have so lately offended thine infinite Majesty and Goodness, and so grievously wounded my own Soul: Of these, and all other my Transgressions, I most earnestly repent, and am heartily sorry for these my Misdoings; the Remembrance of them is grievous unto me, the Burden of them is intolerable: Have Mercy upon me, most merciful Father; for thy Son Jesus Christ's Sake forgive me all that is past, and accept of these my Prayers and Supplications, through the Merits and Mediation of the same our Mediator and Redeemer. And although I am unworthy, thro' my manifold Sins and Iniquities, to offer unto thee any Sacrifice of Praise and Thanksgiving, yet I beseech thee to accept of this my bounden Duty, with my unfeigned Thanks for all thy Goodness and Loving-kindness to me and all Mankind*, purely proceeding from thy Bounty, and wholly intended for my Good, and particularly for preserving me this

* *Here name particular Sins and Failings of the Day.*

* *Here name particular Blessings and Mercies.*

this Day in the Midſt of ſo many Dangers incident to my Condition, and from ſo many Calamities as are due to my Sins. Thou art my Creator, O my God and Protector; thou art the ultimate End of my Being, and ſupreme Perfection of my Nature; under the Shadow of thy Wings is perpetual Repoſe, and from the Light of thy Countenance flows eternal Joy and Felicity; to whom be Glory and Honour, World without End. *Amen.*

And thou, O Lord, by whom Kings reign, and Princes decree Juſtice, bleſs our moſt gracious Sovereign Lord King GEORGE, our gracious Queen CHARLOTTE, his Royal Highneſs the Prince of *Wales*, and all the Royal Family: All my Relations, Friends, and kind Benefactors*; let thy Providence ſuccour them and theirs from all Evil and Danger, and do thou reward them ſeven-fold into their Boſom for all the Good they have done or ſaid of me. Be pleaſed likewiſe, O Lord, (in whoſe Hands are the Iſſues of Life and Death) to ſuccour, help and comfort all that are in Danger, Neceſſity and Tribulation, all that labour under any bodily Pain, Sickneſs, or Temptation †, or are diſturbed in Mind; relieve ſuch according to their ſeveral Neceſſities, giving them Patience under their Sufferings, and a happy Iſſue out of all their Afflictions.

* *Here name particular Perſons.*

† *Eſpecially thoſe for whom our Prayers are deſired.*

Everlasting God, whose Glory the Heaven of Heavens cannot contain, look down from the Throne of thy Majesty, and behold thy unworthy Servant, prostrate at the Foot of thy Mercy-seat, humbly confessing unto thee the Vanity and Sinfulness of my whole Life; especially the Omissions of my Duty, and Commissions of Sin this Day *, wherewith I have so lately offended thine infinite Majesty and Goodness, and so grievously wounded my own Soul: Of these, and all other my Transgressions, I most earnestly repent, and am heartily sorry for these my Misdoings; the Remembrance of them is grievous unto me, the Burden of them is intolerable: Have Mercy upon me, most merciful Father; for thy Son Jesus Christ's Sake forgive me all that is past, and accept of these my Prayers and Supplications, through the Merits and Mediation of the same our Mediator and Redeemer. And although I am unworthy, thro' my manifold Sins and Iniquities, to offer unto thee any Sacrifice of Praise and Thanksgiving, yet I beseech thee to accept of this my bounden Duty, with my unfeigned Thanks for all thy Goodness and Loving-kindness to me and all Mankind *, purely proceeding from thy Bounty, and wholly intended for my Good, and particularly for preserving me this

* *Here name particular Sins and Failings of the Day.*

* *Here name particular Blessings and Mercies.*

this Day in the Midſt of ſo many Dangers incident to my Condition, and from ſo many Calamities as are due to my Sins. Thou art my Creator, O my God and Protector; thou art the ultimate End of my Being, and ſupreme Perfection of my Nature; under the Shadow of thy Wings is perpetual Repoſe, and from the Light of thy Countenance flows eternal Joy and Felicity; to whom be Glory and Honour, World without End. *Amen.*

And thou, O Lord, by whom Kings reign, and Princes decree Juſtice, bleſs our moſt gracious Sovereign Lord King GEORGE, our gracious Queen CHARLOTTE, his Royal Highneſs the Prince of *Wales*, and all the Royal Family: All my Relations, Friends, and kind Benefactors*; let thy Providence ſuccour them and theirs from all Evil and Danger, and do thou reward them ſeven-fold into their Boſom for all the Good they have done or ſaid of me. Be pleaſed likewiſe, O Lord, (in whoſe Hands are the Iſſues of Life and Death) to ſuccour, help and comfort all that are in Danger, Neceſſity and Tribulation, all that labour under any bodily Pain, Sickneſs, or Temptation †, or are diſturbed in Mind; relieve ſuch according to their ſeveral Neceſſities, giving them Patience under their Sufferings, and a happy Iſſue out of all their Afflictions.

* *Here name particular Perſons.*

† *Eſpecially thoſe for whom our Prayers are deſired.*

Afflictions. Subdue in me the evil Spirit of Wrath and Revenge, and diſpoſe my Heart patiently to bear Reproaches and Wrongs, and to be ready not only to forgive, but alſo to do Good for Evil, that all Men may know that I am Chriſt's Diſciple. And finally, O Lord, ſince thou haſt ordained the Day to labour in, and the Night to take our Reſt, as I praiſe thee for the Mercies of the Day, ſo I humbly beg the Continuance of thy gracious Protection over me this Night. Let thy holy Angels pitch their Tents about my Bed, that being ſafely delivered from all Perils and Dangers of this Night, and comfortably refreſhed with moderate Sleep, I may be enabled to diſcharge the Duties of my Calling, and faithfully to perſevere in Holineſs and Pureneſs of Living all the Days of my Life, to thy Honour and Glory, through our only Mediator and Advocate, Jeſus Chriſt our Lord. *Amen.*

Our Father, &c.

When you lie down in your Bed.

I Will lay me down in Peace, and take my Reſt, for it is thou, Lord, only that makeſt me to dwell in Safety; and into thy Hands I recommend my Spirit, my Soul and my Body, for thou haſt redeemed me, O Lord, thou God of Truth.

FINIS.

BL 30 6 83